LIVING OUT LOUD
LIVING, LOVING, LAUGHING, LEARNING, LOBBYING

EDITOR'S NOTE
I wish to take this opportunity to wish you and your loved ones a happy New Year. May it be a year filled with love, laughter and all that you hope for. Many have lost loved ones. Our thoughts and prayers are with them.

DEVOTION
I will sing unto the LORD as long as I live: I will sing praise to my God while I have my being - Psalm 104:33
As long as we have breath, we should praise the Lord. Sing songs of thanksgiving to Him. He delights in these things.

TAKE ACTION
Tell refugee women that they are not alone. Many risk their lives and their children’s to flee the countries for somewhere safe. Stand in solidarity with them by writing a message. Visit Amnesty International for more information.

HEALTH WATCH
Did you know that Almonds help you to concentrate, are good for your heart, great for your skin, help you to lose weight and give you energy? Well, now that you do, why not start snacking on them? Try the unsalted roasted ones.

Source: Irish Examiner
LEARN A NEW SUBJECT

If there was a subject in school that you wished you had taken but didn't because it wasn't part of your area of study, now's the time to do it. And it doesn't matter how long you've been out of school. The great thing is that we can go back to school or learn new things at any age. And if you don't relish the idea of being in a classroom again, you can take online courses which means you can learn at your own pace. When you feel up to it, go for it. You'll have one more subject under your belt!

Source: Simple Most

IN THE SPOTLIGHT

Pauli Murray was a civil rights activist, feminist, lawyer, writer, poet and the first woman to be ordained an Episcopal priest, serving for eight years. She was raised by her aunt after her mother died of a cerebral hemorrhage. Her father was committed to an asylum for the Negro insane, due to his symptoms of long-term Typhoid Fever. Tragically, he was beaten to death by a guard.

Murray earned a BA from Hunter College and a JD from Howard Law School. The only woman in her class, she was also valedictorian and the recipient of a prestigious Rosenwald fellowship for postgraduate study but was denied admission to Harvard University because of her gender. She became the first black woman to earn a PhD in juridical science from Yale Law School. She fought against racism and sexism and was a founding member of the Congress for Racial Equality and the National Organization for Women.

She died on July 1, 1985 of pancreatic cancer. In 2018 she was chosen by the National Women's History Project as one of its honorees for Women's History Month in the United States.

Sources: Poetry Foundation; Wikipedia; Pauli Murray Project